



PE/Health Virtual Learning

7th/8th PE

Yoga

April 13, 2020



7th-8th PE

Lesson: Apr. 13th

Objective/Learning Target:

Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi.

NASPE (S3.M1.8)

Lesson Objective/Essential Question

EQ: Why is it important to develop both the mental and physical aspects of your body as you do Yoga?

Why is it important to do some kind of stress relief technique a couple times a week?

Objective: Students will be able to use different Yoga poses to destress and to strengthen muscles for beginners

Warm-Up Activity

Warm-up by doing a light jog for 1 minute. After one minute of jogging, walk 1 minute. Repeat this 2 more times. Extend the jogging or walking time as needed

Practice

With each pose, hold for 10-20 seconds. As beginners, you can extend or decrease the time as needed. Go through the Yoga workout 2 or 3 times, or as tolerated for beginners. Use the links on the following slides to learn how to do each pose.

Mountain Pose

Standing Forward Bend

Lunge Pose

Staff Pose

Head to Knee pose

Raised Arms Pose

Garland Pose

Plank Pose

Seated Forward Bend

Practice

[Mountain Pose](#)

[Raised Arms Pose](#)

[Standing Forward Bend](#)

[Garland Pose](#)

[Lunge Pose](#)

Practice

[Plank Pose](#)

[Staff Pose](#)

[Seated Forward Bend](#)

[Head to Knee pose](#)

Self Reflection

Were you able to perform all the Yoga Poses?

Were there any poses you couldn't hold for the full time?

Were you able to find a quiet place to perform all poses?

Which was your favorite pose? Why?

Critical Thinking:

- What are three other ways you can relieve stress and why is that important?